

Barley Cornbread

*Developed by Kate Idzorek, Food Research Technician,
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Ingredients

- 1 cup barley flour
- 1 cup cornmeal
- ¼ cup sugar
- ½ teaspoon baking soda
- ¼ teaspoon salt (optional)
- 5 tablespoons melted butter (salted or unsalted)
- 2 large eggs
- 1 cup buttermilk

Equipment

- 2- to 3-quart mixing bowl
- 2-quart mixing bowl
- 8x8 inch baking dish (or 12-cup muffin tin)
- measuring spoons
- measuring cups
- wooden spoon
- non-stick cooking spray, butter or oil for greasing pan

Method

1. Preheat oven to 375°F.
2. Grease 8x8-inch baking dish or muffin tin with non-stick cooking spray, butter or vegetable oil.
3. Mix barley flour, cornmeal, sugar, baking soda and salt together in a 2- to 3-quart mixing bowl. Set aside.
4. Beat together buttermilk, eggs and melted butter in 2-quart mixing bowl.
5. Pour wet ingredients into dry ingredients and stir until just combined.
6. Pour batter into baking dish and spread evenly.
7. Place in oven and bake 30 minutes or until done (until toothpick inserted into the center comes out clean and bread has pulled away from sides of the pan).
8. Remove from oven and serve hot.

Makes about 12 2x2½-inch pieces



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Nutrition Facts

Serving Size (55g): 1 piece
Servings Per Container: 12

Amount Per Serving

Calories 140 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 120mg **5%**

Total Carbohydrate 19g **6%**

Dietary Fiber 1g **4%**

Sugars 5g

Protein 3g

Vitamin A 4% • Vitamin C 0%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Total Cost: \$1.90

Cost per serving: \$0.16

*Cost is based on lowest available price in Fairbanks, Alaska in 2010. Sale prices are not included in the assessed prices for each ingredient. Cost is based on quantity of the ingredient used in this recipe.

Tips

- To cut costs, purchase cornmeal in the bulk section of the grocery store. Not only is it less expensive than pre-packaged cornmeal, the bulk products allow you to buy only the amount necessary.
- Use powdered buttermilk. It is less expensive than fresh buttermilk and has a longer shelf life.
- If there is no buttermilk on hand, use 1 cup regular milk plus 1 tablespoon of lemon juice or vinegar.
- Try using coarse ground cornmeal.
- Try replacing the cornmeal and barley flour with 1¼ cups cornmeal and ¾ cup barley flour.





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